APPENDIX A

Suggested Menu Items

APPETIZERS

See p. 73.

ENTREES

Meat

Beef

Roast
- Chuck
- Corned beef
- Pot roast
- Rib eye
- Standing rib
- Sauerbraten
- Smoked beef brisket

Steak
- Broiled or grilled
  - Club
  - Filet mignon
  - Sirloin
  - T-Bone
- Chicken-fried steak
- Country-fried steak
- Pepper steak
- Spanish steak
- Steak teriyaki

Ground beef
- Bacon-wrapped beef
- Cheeseburger pie
- Chuck wagon steak
- Salisbury steak
- Meat loaf
- Meatballs
  - Italian
  - Swedish
  - Spanish
  - With spaghetti

Beef with pasta or rice
- Beef on noodles
- Beef, pork, and noodle casserole
- Beef stroganoff on noodles
- Chipped beef and noodles
- Chop suey on rice
- Creole spaghetti
- Hungarian goulash
- Pasta, beef, and tomato casserole
- Spaghetti and meatballs
- Spanish rice

Other beef entrees
- Beef birds
- Beef liver, braised
  - Grilled with onions
  - With bacon
- Beef pot pie
- Beef stew
  - With vegetables
  - With biscuits
- Chili con carne
- Creamed beef on biscuits or baked potato
- Creamed chipped beef on toast or baked potato
- Fajitas
- Green chili stew
- Kabobs
- Lasagna
- Pizza
- Stir-fried beef
  - With broccoli
  - With sugar snap peas
- Stuffed peppers
- Taco salad casserole

Veal

Veal birds
Veal cacciatore
Breaded veal cutlets
Veal New Orleans
Veal Parmesan
Veal piccata
Veal scallopine

Lamb

Roast leg of lamb
Broiled lamb chops
Lamb stew
Curried lamb with rice

Pork

Pork chops
- Breaded
- Baked
- Barbecued
- Chili seasoned
- Deviled
- With dressing
- Stuffed

Pork cutlets, breaded

Pork roast, loin
- Garlic and peppercorn
- Herbed
- Jeweled
- Teriyaki glazed
- With dressing

Pork roast, fresh ham

Spareribs
- Barbecued
- Sweet-sour
- With dressing
- With sauerkraut

Other pork entrees
- Stir-fried pork
- Sweet and sour pork
- Pork and noodle casserole

Pork (cured)
- Bacon
- Frankfurters
  - Barbecued
  - Cheese-stuffed
- Ham
  - Baked glazed
  - Grilled slices
  - Ham balls
  - Ham loaf
  - Ham patties
    - With cranberries

With pineapple
Creamed ham on spoonbread or biscuits
Plantation shortcake
Black beans and ham on rice
Ham and cheese quiche
Scalloped potatoes and ham
Sausage
Gravy on biscuits
Patties or links
With acorn squash
And egg bake
Rolls
Scrapple

Poultry

Chicken (quarters or pieces)

Barbecued
Cantonese
Cacciatore
Fricassee
Fried
Deep-fat
Oven-fried
Pan-fried
Herb baked
Italian baked
Parmesan
Poached
Stewed
With dumplings
Tahitian

Chicken Breast (grilled or broiled)

Cheese-stuffed
With tomato basil sauce
Curried
Dijon
Herb marinated
Sesame mustard
Tarragon
With tomato sauce

Chicken (using diced meat)

Brunswick stew
Chicken à la king or creamed
On biscuits
On chow mein noodles
On spoonbread
In patty shell
Chicken crepes
Chicken pot pie
Chow mein
Hot chicken salad
Chicken and noodles
Chicken rice casserole
Chicken and snow peas on rice
Chicken tetrazzini
Chicken and vegetable stir-fry
Scalloped chicken
Singapore curry
Spaghetti with chicken sauce
Sweet-sour chicken
Szchewan chicken
Cornish game hens, orange glazed

Turkey

Roast, with dressing
Steaks, grilled
Lime tarragon
Scalloped turkey
Turkey à la king
Turkey with dumplings
Turkey tetrazzini

Fish and Shellfish

Fin Fish

Fillets
Baked
Breaded
Deep-fat fried
Grilled
Lemon baked
Poached
Fillet of sole amandine
Herb marinated fish steak
Lemon rice-stuffed cod
Salmon
Baked (whole)
Loaf
Poached
Scalloped
Scallops
Tuna
À la king
And noodles
Broiled
Scalloped

Shellfish

Deviled crab
Scalloped oysters
Caribbean shrimp
Creole shrimp
Oriental shrimp and pasta
Pasta with clam sauce
Pasta with shrimp sauce
Seafood quiche
Shrimp fried rice
Shrimp Peel
See also Entree Salads

Meatless Entrees

Vegetable

Black beans
and couscous
Cuban and rice
and tortilla
Broccoli and cheese casserole
Broccoli and rice au gratin
Cheese and broccoli strata
Cheese pizza
Mushroom souffle
Quiche
Leek and roasted pepper
Mushroom
Spinach
Vegetable
Sicilian rice and vegetables
Spinach cheese crepes
Spinach lasagna
Lasagna florentine
Spinach soufflé
Tofu, broccoli Szechwan
and vegetables jambalaya
stir-fry
sweet-and-sour
Vegetable chow mein
Vegetable fajita
Vegetable paella
Vegetable timbale

Pasta, Rice, and Grains

Baked ziti with four cheeses
Barley and vegetable medley
Curried rice, beans, and vegetable pilaf
Garden pasta
Ginger rice
Grains and beans
Jalapeño rice
Macaroni and cheese
Orzo pilaf
Pasta primavera
Pasta with vegetable sauce
Polenta
Quesadillas
Red beans and rice
Roasted portabella mushroom on orzo pilaf
Roasted vegetables

Cheese and Eggs

Cheese balls on pineapple slice
Cheese and broccoli strata
Cheese soufflé
With cheese sauce
With mushroom sauce
Eggs à la king
Frittata
Goldenrod eggs
Hot stuffed eggs
Nachos
Omelet
Baked
Chinese
Mushroom and cheese
Spanish
Quesadillas
Quiche
Scotch woodcock
Risotto
Swiss broccoli pasta
Tomato cilantro rice
Vegetarian spaghetti

Sandwich Entrees

Cold Sandwiches

Bacon, lettuce, tomato
Cheese salad
Chicken pocket
Chicken salad
Club sandwich
Egg salad
Ham
With cheese
Ham salad
Pork loin
Sliced turkey
Submarine
Tuna salad
Turkey club hoagy

Hot Sandwiches

Bacon and tomato on bun
- With cheese sauce

Beef
- Barbecued
- French dip
- Roast beef

Bierocks
Chicken cutlet
Chili dog
Chimichangas
Crab salad
Croissant with sautéed garden vegetables
Fajitas
Grilled sandwiches
- Cheese
- Corned beef and Swiss on rye

Ham and cheese
Hamburgers
- Barbecued
- With cheese

Hot meat and cheese
Hot tuna grill
Meat loaf
Nacho dog
Patty melt
Quesadillas
Roast pork
Tacos
Tuna melt
Turkey, hot
- And Swiss on whole wheat

Western

Salad Entrees

Chef's salad bowl
- Seafood chef salad

Chicken or turkey salad
- Crunchy
- Curried
- Fruited
- Mandarin
- And bacon
- With orange-avocado

Chicken and pasta salad
Cottage cheese salad
Crab salad
Pasta salad
- Italian pasta salad

Pasta and crab salad
Salad plates
- Chicken and pasta salad plate
- Deli plate
- Fruit salad plate
- Marinated chicken and fresh fruit
- Salmon, poached
- Shrimp tortellini salad plate
- Tuna pasta salad plate

Shrimp salad
- Rice
- Tortellini

Stuffed tomato salad
Taco salad
Tomato cottage cheese salad
Tuna salad

ENTREE ACCOMPANIMENTS

Pasta, Rice, and Cereals

Baked cheese grits
Barley casserole
Broccoli and cheese casserole
Broccoli rice au gratin
Couscous
Fettuccine
- With pesto sauce
- Grilled vinaigrette
- Herbed

Noodles
- Buttered
- Romanoff

Orzo
- Lemon
- Pilaf

Pasta wheels with vegetables
Penne with garlic
Polenta
Quinoa pilaf
Rice
- With black-eyed peas
- Buttered
- Curried
- Fried
  - With almonds
- Ginger rice stir-fry
- Green
- Mexican
- Pilaf
- Primavera
- Risotto
- Silician with vegetables
- Toasted herb
- Tomato

See also Meatless Entrees

Potatoes

White Potatoes

Au gratin
Baked
- With toppings
- French
- Herbed
- Lyonnaise
- Stuffed

Creamed
Croquettes
Duchess
Fried
French fried
Hashed brown
Lyonnaise
Mashed
New potatoes
- Buttered
- Creamed
- Creamed with peas
- Lemon seasoned
- In mustard
- Paprika seasoned
- Parmesan
- Roasted

O'Brien
Oven-browned
Potato pancakes
- With applesauce

Potato salad, hot or cold
Rissole
Romanoff
Rosettes
Scalloped
- With onion

Shoestring
Sour cream

Sweet Potatoes

Baked
Candied or glazed
- With almonds
- With apples

Mashed
Soufflé

Starchy Vegetables

Corn

On the cob
Creamed
O'Brien
Pudding
Scalloped
Succotash

Beans

Baked beans
Bean ragout
Black beans and couscous
Grains and beans
Lima beans
- Baked
- Seasoned

Ranch style beans
Red beans and rice
Spicy black beans

Squash

Baked acorn
Mashed butternut or hubbard
- With apples

Seasoned spaghetti squash

VEGETABLES

Green Vegetables

Asparagus

Seasoned
Creamed
With cheese or hollandaise sauce
Vinaigrette

Broccoli

Seasoned
  With almonds
  With crumb butter
  With lemon butter
With cheese sauce
With hollandaise sauce

Brussels Sprouts

Seasoned

Cabbage

Seasoned
Au gratin
Hot slaw
Polonaise
Scalloped

Celery

Seasoned
Creamed with almonds
Creole
With carrots amandine

Green Beans

Seasoned
  With almonds
  With dill
  With mushrooms
Casserole
Creole
Herbed
Southern style
Spanish

Peas

Seasoned
  With almonds
  With lemon-mint butter
  With mushrooms
With carrots
With cauliflower
With new potatoes
With pearl onions
With turnips

Spinach

Seasoned
  With egg or bacon
Creamed
Soufflé
Wilted

Zucchini

Seasoned
Casserole
  With tomato

Other Vegetables

Beets

Seasoned
  Julienne
Harvard
Hot spiced
With orange sauce
In sour cream
Pickled

Carrots

Seasoned
  With parsley
Candied or glazed
Mint glazed
Lyonnaise
Marinated
Savory
Sweet-sour
With celery
With peas

Cauliflower

Seasoned
  With almonds
Creamed
French fried
With cheese sauce
With peas

Eggplant

Baked
Creole
French fried
Parmesan
Ratatouille
Sautéed
Tomato bake

Mushrooms

Broiled
French fried
Marinated
Sautéed

Onions

Seasoned
Au gratin
Baked
Casserole
Creamed
French fried

Parsnips

Seasoned
Browned
Glazed
  With carrots

Rutabagas

Seasoned
Mashed
  With potatoes

Summer Squash

Seasoned
With zucchini

Tomatoes

Baked
Broiled
Herb Roasted
Stewed
Stuffed
  With mushrooms
  With spinach

Turnips

Seasoned
Mashed
With peas
See p. 678 for suggested combinations for stir-fried vegetables.

SALADS AND RELISHES

Vegetable Salads

Salad bar
Mixed green
Tossed vegetable
Tossed greens and fruit
Hawaiian tossed
Marinated garden salad
Vegetable collage

Asparagus

Marinated

Beans

Brown bean
Garbanzo bean
  With pasta
Triple bean
Cauliflower bean
Oriental bean

Cabbage

Cole slaw
Creamy cole slaw
Green pepper slaw

Carrots

Carrifruit
Carrot celery
Carrot raisin
Marinated carrots

Cauliflower

Cauliflower-broccoli
Creamy cauliflower

Cucumbers

Sliced cucumbers and onions
Sliced cucumbers and tomatoes
German cucumbers

Green Beans

Marinated green beans

Potatoes

Potato salad
Sour cream potato salad
Hot potato salad

Spinach

Spinach-cheese
Spinach-mushroom

Tomatoes

Marinated
Sliced
Sliced with cucumbers
Tomato Basil

Fruit Salads

Acini de pepe
Ambrosia fruit
Waldorf
Apple-cabbage
Apple-carrot
Spiced apple
Grapefruit orange
- With apple
- With avocado

Frozen fruit
Tossed greens with fruit

Gelatin Salads

Perfection
Tomato aspic
Applesauce
Apple cinnamon swirl
Arabian peach
Autumn salad
Blueberry
Boysenberry mold
Cranberry apple
Cranberry mold
Cucumber soufflé
Frosted cherry
Frosted lime
Jellied Waldorf
Lemon cream
Pineapple cheese
Ribbon gelatin
Sunshine
Swedish green top
Under-the-sea

Pasta and Rice Salads

Garbanzo and pasta
Dilled rice
Macaroni
Italian pasta
See also Salad Entrees

Relishes

Fruit

Buttered apples
Cantaloupe or watermelon chunks
Cranberry relish
Cranberry sauce
- Baked

Grapes, green or red
Pineapple, broiled
- Spears

Salsa
Spiced fruit
- Apples
- Crabapples
- Pears
- Peaches

Vegetables

Broccoli florets
Carrot curls or sticks
Marinated carrots
Cauliflower florets
Celery sticks
Stuffed celery
Cherry tomatoes
Green pepper rings or sticks
Marinated mushrooms
Radishes
Tomato slices or wedges
Turnip sticks or slices
Zucchini sticks or slices

Miscellaneous

Cucumber and Melon Salsa
Olives, green, ripe, stuffed
Pickles
- Beet
- Corn relish
- Dill
- Sweet
- Watermelon

SOUPS

Stock soups

Beef alphabet
Beef barley
Beef noodle
Beef rice
Creole beef
French onion
Hearty beef vegetable
Mexican beef
Minestrone
Vegetable beef
- Julienne

Vegetable
Brunswick stew
Chicken bouillon
Chicken gumbo
Chicken noodle
Chicken rice
Chicken with spaetzle
Pepper pot
Turkey vegetable
Tomato barley
Tomato bouillon
Tomato rice
Manhattan clam or fish chowder

Cream Soups

Broccoli cheese soup
Cheese soup
Chicken velvet
Cream of:
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Chicken
- Mushroom
- Mushroom barley
- Potato
- Potato and roasted pepper
- Spinach
- Tomato
- Vegetable

Chowders

Clam (New England)
Corn
Fish
Potato
Vegetable
Oyster stew

Bean and Lentil Soups

Black bean
Navy bean
Chili con carne
- Chili spaghetti
- Garden chili
- White chili

Lentil soup
Lentil and black bean
Split pea soup

Chilled Soups

Gazpacho
Vichyssoise

DESSERTS

Cakes

Angel food
- Chocolate
- Frozen filled
- Yellow

Chiffon
- Cocoa
- Orange
- Walnut

Cupcakes
White, with variations
Yellow, with variations
Applesauce
Banana
Boston cream pie
Burnt sugar
Carrot
Chocolate
Coconut lime
Dutch apple
Fruit cake
Fudge
German chocolate
Lady Baltimore
Lazy daisy
Marble
Pineapple cashew
Pineapple upside-down
Poppy seed
Pound cake
Praline
Pumpkin
Jelly roll
Chocolate roll
Ice cream roll
Pumpkin cake roll
Gingerbread

Cookies

Drop Cookies

Butterscotch
Butterscotch pecan
Chocolate
Coconut macaroons
Chocolate chip
Gingersnaps
Jumbo chunk chocolate
Molasses
Oatmeal
Peanut butter
Peanut butter chocolate chip
Peanut
Snickerdoodles
Sugar
Whole wheat sugar

Bar Cookies

Brownies
Butterscotch squares
Coconut pecan bars
Date bars
Dreamland bars
Oatmeal date bars
Marshmallow krispie squares

Pressed, Molded, and Rolled Cookies

Butterscotch refrigerator cookies
Butter tea cookies
Chocolate tea cookies
Christmas wreath cookies
Coconut cookies
Crisp ginger cookies
Filled cookies
Frosty date balls
Oatmeal crispies
Pinwheel cookies
Rolled sugar cookies
Sandies
Thimble cookies

Pies

Fruit Pies

Apple
- Crumb
- Sour cream

Apricot
Berry
Cherry
Gooseberry
Peach
Pineapple
Raisin
Rhubarb
- Custard

Soft Pies

Chiffon
- Chocolate
- Lemon
- Strawberry

Cream
- Banana
- Butterscotch
- Chocolate
- Coconut
- Date
- Fruit-glazed
- Nut cream
- Pineapple

Custard
- Coconut

Frozen mocha almond
Ice cream
Lemon
Pumpkin
- Praline
- Pecan
  - Cream cheese

Frozen Desserts

Sundaes and Parfaits

Caramel sundae
Hot fudge sundae
Peanut butter sundae
Strawberry sundae
Chocolate parfait
Strawberry parfait

Ice Cream

Butter brickle
Chocolate
Chocolate chip
Chocolate almond
Coffee
Lemon custard
Peach
Pecan
Peppermint
Pistachio
Strawberry
Toffee
Vanilla
Frozen yogurt

Sherbet

Cranberry
Lemon
Lime
Orange
Pineapple
Raspberry

Puddings and Other Desserts

Cream puddings
- Banana
- Butterscotch
- Chocolate
- Coconut
- Pineapple
- Tapioca
- Vanilla

Custard, baked
- Caramel
- Rice
- Bread pudding
- Floating island

Baked date pudding
Lemon cake pudding
Christmas pudding (steamed)
Cream puffs
Eclairs
Ice cream puff
Orange cream puffs with chocolate filling
Baked apples
Apple dumplings
Apple crisp
Fruit crisp
Fruit cobbler
- Apple
- Apricot
- Cherry
- Peach
- Plum

Fruit and cheese
Strawberry shortcake
Bavarian creams
- Apricot
- Pineapple
- Strawberry

Russian cream
Cheese cake
- With fruit glaze

GARNISHES

Yellow-Orange

Cheese and Eggs

Cheese, grated, strips
Egg, hard-cooked or sections
Deviled egg halves
Riced egg yolk

Fruit

Apricot halves
Cantaloupe balls
Lemon wedges, slices
Orange section, slices
Peach slices
Peach halves with jelly
Spiced peaches

Vegetables

Carrots, rings, shredded, strips
Banana peppers

Sweets

Peanut brittle, crushed
Sugar, yellow or orange

Miscellaneous

Coconut, tinted

Flowers

Carnations
Daisies
Dandelion
Day lilies
Nasturtium
Pansies
Rose petals
Snapdragons
Squashblossoms

Red/Pink

Fruit

Cherries
Cinnamon apples
Cranberries
Plums
Pomegranate seeds
Red raspberries
Marachino cherries
Strawberries
Watermelon cubes, balls

Vegetables

Beets, pickled, julienne
Beet relish
Red cabbage
Red peppers, rings, strips, shredded
Pimiento, chopped, strips
Red radishes, sliced, roses
Cherry tomatoes
Tomato wedges, slices, broiled

Sweets

Red jelly: currant, cherry, loganberry, raspberry
Red sugar

Miscellaneous

Paprika
Tinted coconut
Stuffed olives
Cinnamon drops (red hots)

Flowers

Carnations, mini
Geranium
Rose petals
Nasturtiums

Green

Fruit

Avocado
Frosted grapes
Green plums
Honeydew melon
Kiwi fruit
Lime slices or wedges
Maraschino cherries
Mint jelly

Vegetables

Broccoli florets
Celery
Endive
Green pepper strips, chopped
Green onions
Lettuce cups
Lettuce, shredded
Mint leaves
Nasturtium leaves
Parsley, sprig, chopped
Spinach leaves
Watercress
Zucchini sticks, slices

Miscellaneous

Capers
Coconut, tinted
Olives
Pickles, burr gherkins, strips, fans, rings
Sunflower seeds
Pistachios

Flowers

Carnations
Daisies
Geranium
Lilacs
Pansies
Rose petals
Snapdragons
Violets

White

Fruit

Apple rings
Grapefruit sections

Vegetables

Cauliflower florets
Celery cabbage
Celery curls, hearts, strips
Cucumber rings, strips, wedges, cups
Mashed potato rosettes
Onion rings
Onions, pickled
White radishes

Miscellaneous

Almonds
Popcorn
Sliced hard-cooked egg white
Parmesan cheese
Shredded coconut
Marshmallows
Powdered sugar
Whipped cream

Brown/Tan

Breads

Croustades
Croutons

Miscellaneous

Chocolate, shredded or shaved
Cinnamon
Dates
French-fried cauliflower
Mushrooms
Nutmeats
Nut-covered cheese balls
Potato chips
Toasted coconut

Flowers

Pansies

Black

Caviar
Prunes
Spiced prunes
Raisins, currants
Ripe olives
Rye croutons
Truffles

Blue/Purple

Bachelor Buttons
Chive flowers
Chrysanthemum
Geraniums
Pansies
Lavender
Lilacs
Violets

EDIBLE FLOWERS

Edible flowers may be stored in a little cold water for 1–2 days. Dry with paper towel before using.

If using flowers other than those listed, make sure they are not poisonous. Call the local extension office for information.

If edible flowers are used as an ingredient rather than a garnish, sample the flowers first to make sure they compliment the other foods used. See p. 732 for the taste of edible flowers.

APPENDIX B

Use of Herbs and Spices in Cooking

Herb or spice (dry)	*Equivalents (tsp per oz) (approx.)*	*Description*
Allspice, ground	15	Flavor resembling blend of cloves, cinnamon, and nutmeg.
Anise seed	15	Warm licoricelike and mildly fennel-like taste.
Basil leaves	40	Anise, clove, and mintlike. Blends well with oregano, parsley, rosemary, thyme, sage, and saffron.
Bay leaf, crumbled	47	Also known as *laurel.* Strong distinctive flavor.
whole	136 (leaves)	
Caraway seed	13	Dill and aniselike flavor.
Cardamom, ground	19	Pungent, lemony flavor. Essential to Indian cookery.
Cayenne (red) pepper	16	Hot, Also known as *red pepper.*
Celery seeds	15	Slightly bitter with a celerylike flavor.
Chervil leaves	90	Delicate flavor of parsley and mild anise.
Chili powder	12	Distinctive flavor in Mexican cookery.
Snipped chives (freeze-dried)	140	Mild onion and garlic flavor.
Cilantro leaves	45	Assertive sage-citrus flavor. Use sparingly.
Cinnamon, ground	20	Distinctive flavor in baked goods. Essential ingredient in *curry* spice blends, *Chinese five-spice powder.*
Cloves, ground	16 (ground)	Strong aromatic spice. Commonly found in spice
	17 (whole)	mixtures including *curry* and *bouquet garni.*
Coriander, ground	20	Citruslike aroma and mild mint flavor. An essential ingredient in *curry, garam masala,* and *pickling spice.*
Cumin	17 (ground)	Potent spicy flavor that tends to dominate food.
	13 (seed)	Used in Mexican, North African, and Indian dishes. Use sparingly.
Curry Powder	14	Distinctive flavor in Indian cuisine.
Dill	13 (seed)	Mild anise-parsley flavor.
	28 (weed)	
Fennel, seed	14	Mild licorice flavor. Common in Italian and Swedish cookery.
Ginger, ground	15	Spicy and pungent.
Mace	15	The lacy covering of the nutmeg seed. Flavor more delicate than nutmeg.
Majoram	20 (ground)	Subtly minty and sweet, similar to oregano.
	57 (leaves)	Essential in Italian cooking.
Mint	50	Popular in Middle Eastern cooking.
Mustard	9 (seed)	Pungent and slightly bitter.
	16 (ground)	
Nutmeg	14	Warm and spicy. Blends well with mace, cardamom, cinnamon, cloves, and ginger.
Oregano	18 (ground)	Minty and sweet. Similar but stronger than oregano.
	45 (leaf)	
Paprika	14	Sweet capsicum flavor.
Parsley flakes	95	Mild, sweet in flavor.
Pepper, black	15	

Pepper, red	14 (ground) 16 (crushed)	Used to season Mexican dishes. Add in small quantities.
Pepper, white	13	Comes from the same pod as black pepper but the outer shell is removed. Milder, more delicate flavor than black pepper.
Pickling spice	15	Spice mixture.
Poppy seed	11	Sweet-nut flavor. Best if toasted before use.
Poultry seasoning	14	Herb and spice mixture.
Pumpkin pie spice	16	Spice mixture.
Rosemary	30 (leaves)	Spicy, strong, pinelike. Use sparingly.
Saffron	40	Expensive spice used to impart a golden color and distinctive flavor to foods. Often used in Spanish rice dishes.
Sage, rubbed	23	Strong flavored with a camphorlike taste. Blends well with rosemary, thyme, parsley, oregano, and bay leaf.
Savory	20	Slightly peppery, sharp and clovelike. Use sparingly.
Sesame seed	14	Distinctive flavor develops if toasted prior to use. Often used in Middle Eastern and Asian cooking.
Tarragon leaves	50	Spicy, aromatic, and sharp. Essential to French cooking.
Thyme	20 (ground) 40 (leaves)	Spicy and clovelike. Use sparingly.
Tumeric	12	Used in small amounts to add a saffronlike color to foods. Used to flavor many African dishes.

Notes

- Spices should be stored in cool (68°F) and dry (humidity 60% or less) environment. Cool storage (32°–45°F) is recommended for paprika, red pepper, chili powder, allspice, cloves, parsley flakes, dill, marjoram, and cumin. Generally, spices should not be held for longer than 3 months. All spices should be kept tightly closed and measured with dry utensils and away from steam.
- Spices and herbs can be creatively combined to enhance the flavor of foods. The art of skillfully adding the right amount of seasonings is basic to successful cookery. Both low-sodium and low-calorie foods can be made more interesting by the addition of spices and herbs.

FRESH HERB USAGE

Arugula (Roquette)

eggs
lamb
pasta
poultry
salads
soufflés
soups

Baby Dill

butters
dressings
eggs
fish
meat
poultry
salads
sauces
soups
vegetables

Basil

eggs
fish
meat
pesto
pizza
poultry
rice
salads
spaghetti sauce
tomatoes
vegetables

Bay Leaves

marinades
meats
poultry
sauces
soups
stew

Chervil

breads
eggs
fish
poultry
salads
soups
vegetables

Chives

butters
cheese
eggs
fish
meat
potatoes
poultry
salads
sauces
soups
vegetables

Cilantro

fish
meat
poultry
salads
salsa

Epazote

chilies
corn
pork
squash
tomatoes

Italian Parsley

fish
pasta
potatoes
poultry
rice
vegetables

Lemongrass

curries
fish
salsa
soups
vinaigrettes

Marjoram

fish
meat
omelettes
pork
poultry
salads
soups

Mint

curries
fruit
lamb
potatoes
poultry
salads
soups

Opal Basil

fish
pesto
poultry
salads
vegetables
vinegars

Oregano

fish
lamb
meat
pasta sauce
pizza
poultry
vegetables

Rosemary

breads
lamb
pizza
pork sausages
potatoes
soup
stews
vegetables

Sage

breads
pork
poultry
sausages
stuffings
vegetables

Savory

beans
chowders
fish
meat
pork
potatoes
poultry
vegetables

Sorrell

eggs
fish
pork
poultry
salads
soufflés
soups

Tarragon

cheese
eggs
meat
poultry
vegetables
vinegars

Thyme

cheese
chowders
eggs
fish
meat
potatoes
poultry
salads
vegetables

Upland Cress

salads
sandwiches
soups

REGIONAL FLAVORINGS

African

Anise
Cinnamon
Coriander
Cumin
Mint
Saffron

Chinese

Anise
Cinnamon
Cloves
Fennel
Garlic
Ginger
Red Pepper
Sesame
Soy Sauce

French

Chives
Fines herbs
Garlic
Marjoram
Rosemary
Shallots
Tarragon
Thyme

German

Caraway seed
Dill seed
Nutmeg
Onion
Paprika
Rosemary

Greek

Bay leaf
Cinnamon
Fennel
Garlic
Lemon
Mint
Oregano

Hungarian

Caraway
Cinnamon
Dill
Paprika
Poppy seed

Indian

Anise
Cardamom
Celery seed
Coriander
Cumin
Curry
Garlic
Ginger
Nutmeg
Red pepper

Indonesian

Caraway
Cinnamon
Cloves
Curry
Garlic
Ginger
Nutmeg
Red pepper

Italian

Basil
Fennel
Garlic
Marjoram
Oregano
Pepper
Sage

Mexican

Achiote
Chile pepper
Cilantro
Coriander
Cumin
Garlic
Lime
Oregano
Red pepper
Sweet pepper

Spanish

Anise
Bay leaf
Cinnamon
Cumin
Garlic
Paprika
Parsley
Saffron

Swedish

Allspice
Bay leaf
Dill
Cardamom
Cinnamon
Mustard
Nutmeg

Herb and Spice Usage for Different Categories of Food

Spice	*Appetizers*	*Soups*	*Meat*	*Seafood*	*Poultry*	*Vegetables*
Allspice	Steamed Shrimp, Liver Paté	Cream Soups, Split Pea, Oyster Bisque	Ham, Pork, Gravy, Marinade, Spiced Beef	Oyster Stew, Shellfish, Poached Fish	Quail, Duck, Goose, Pheasant	Squash, Sweet Potatoes, Carrots
Anise	Oysters Rockefeller	Fish Chowder, Chicken Soup	Veal, Hungarian Goulash, Beef Marinade	Red Snapper, Lobster	Chicken, Duck, Quail	Cabbage, Leeks
Basil	Cheese, Seafood	Minestrone, Clam Chowder	Beef Stew, Lamb, Spareribs, Beef Marinade	Lobster, Shrimp, Squid, Swordfish	Chicken, Turkey Stuffing, Quiche	Sweet Peppers, Eggplant, Potatoes, Zucchini, Tomatoes
Bay Leaf	Paté de Foie Gras	Onion, Bean, Vegetable, Lobster Bisque	Beef Stew, Broth, Beef Marinade	Seafood Stew, Poached Fish, Bouillabaisse	Chicken Pot Pie, Gravy, Marinade	Pickled Vegetables, Ratatouille, Green Beans
Black Pepper	Paté	Gazpacho, Lentil, Minestrone	Steak, Hamburger, Gravy, Pork, Beef Marinade	Poached Fish, Marinade, Calamary	Fried Chicken Batter, Duck	All Vegetables
Caraway	Cheese Spreads, Muenster Cheese	Borscht, Cream Soups	Pork, Meatloaf, Sauerbraten	Shrimp, Crab	Duck, Goose	Cabbage, Carrots, Potatoes, French Fries
Cardamom	Pickled Herring	Chicken Soup, Fish Soup	Lamb, Meatloaf, Hamburger	Trout, Mussels	Roast Chicken	Sweet Potatoes, Fried Eggplant
Celery Seed	Canapés, Cheese Dips, Shrimp Cocktail	Chicken, Potato, Vegetable, Lentil, Fish Chowder	Beef Stew, Pot Roast, Ham, Grilled Beef	Tuna, Shrimp, Oyster Stew	Eggs, Omelettes, Stuffing	Potatoes, Cauliflower, Corn Relish
Chives	Cream Cheese, Canapés, Stuffed Mushrooms	Chicken Soup, Vichyssoise	Pork, Gravy, Lamb	Salmon, Oysters	Omelettes, Quiche	Cucumbers, Baked Potatoes, Potato Pancakes
Cilantro	Ceviche, Guacamole, Salsa	Hot & Sour Soup	Chili con Carne, Beef Stew	Poached Fish, Steamed Fish	Chicken	Onion, Tomatoes, Chili Peppers
Cinnamon	Fresh Fruit	Lamb Soup	Pork, Ham, Beef Stew, Lamb		Fruit Stuffing for Game	Sweet Potatoes, Carrots, Squash
Cloves	Spiced Fruit	Beef Noodle, Beef Vegetable, Cream of Tomato	Ham Glaze, Beef Stew, Gravy		Cornish Hen, Duck, Gravy, Stock	Boiled Onions, Sweet Potatoes, Carrots
Coriander	Corn Pudding	Cream of Chicken, Hot & Sour Soup, Consommé	Pork, Ham, Spareribs, Marinade	Poached Fish, Steamed Fish	Chicken, Duck	Sweet Potatoes, Scalloped Potatoes, Braised Celery
Cumin	Nachos, Cheese, Salsa	Seafood Gumbo, Chili-Bean	Chili con Carne, Sausage, Pork Stew	Fried Shrimp Batter, Deviled Crab	Chicken Stew, Chicken Crocquettes	Sauerkraut, Chili Peppers, Beans
Dill	Sour Cream Dips, Deviled Eggs, Shrimp Paté	Borscht, Lobster Bisque, Tomato	Veal, Grilled Lamb, Pork	All Seafood	Chicken, Omelettes	Cucumbers, Potatoes, Green Beans, Braised Cabbage
Fennel	Shrimp Cocktail, Oysters Rockefeller	Creamed Fish Soup, Fish Chowder	Italian Sausage, Pork, Meatloaf	All Seafood (especially grilled)	Stuffing, Chicken Stew	Sautéed Mushrooms, Spinach, Cabbage
Garlic	Dips, Escargot	Vegetable, Oxtail	Beef, Roast Lamb, Meatballs	All Seafood, Marinade	Chicken, Quail, Pheasant	Green Beans, Zucchini, Potatoes
Ginger	Shrimp, Cheese	Beef Vegetable, Beef Noodle, Hot & Sour Soup	Spareribs, Pork, Marinade	All Seafood	Duck, Poultry Glaze	Sweet Potatoes, Carrots, Stir-Fry Vegetables

Herb and Spice Usage for Different Categories of Food—continued

Sauces	*Salads*	*Dressings*	*Breads*	*Pastas & Grains*	*Desserts*	*Beverages*
Barbecue, Sweet Cream, Creole	Fruit Salad	Fruit Dressing	Pancakes, Waffles, Muffins	Rice	Spice Cake, Angel Food Cake, Pies	Mulled Wine, Tea, Rum Drinks
Tomato		Orange Vinaigrette	Honey Buns, Sweet Rolls, Fritters		Spice Cake, Cookies, Candy	Lemonade, Cordials, Espresso, Hot Milk Punch
Barbecue, Pesto, Tomato	Vegetable Salad, Seafood Salad, Tomato Salad	Italian, Russian, Vinaigrette	Pesto Bread, Zucchini Muffins	Rotini, Rice, Linguini, Spaghetti		Carrot Juice, Tomato Juice
Béchamel, Creole, Tomato, Barbecue		Vinaigrette				
Tomato, Barbecue, Curry	Green Salad	Vinaigrette, Mayonnaise		Carbonara, Fried Rice, Pasta		Tomato Juice
Lemon, Butter, Cream	Coleslaw, Potato Salad	Mayonnaise, Vinaigrette	Biscuits, Rye Bread, Corn Muffins	Risotto	Cookies, Seed Cakes	Kümmel
Curry, Spiced Yogurt	Fruit Salad	Oriental Dressing		Risotto, Rice Pilaf	Ice Cream, Cakes, Pastries, Apple Pie	Coffee, Tea, Glögg, Spiced Wine
Cream, Creole, Tomato	Tuna Salad, Potato Salad, Macaroni Salad	Mayonnaise	Biscuits, Breads, Rolls	Pasta	Pastries	Tomato Juice
Tomato, Cream, Hollandaise	Green Salad, Potato Salad, Macaroni Salad	Green Goddess, Thousand Island	Buttermilk Bread, Bread Spreads, Potato Rolls	Pasta		
Yogurt Sauce, Tomato, Curry		Mexican Dressing	Herb Bread	Lentils, Mexican Green Rice, Chinese Noodles		
Custard Sauce, Yogurt Sauce, Sweet & Sour	Fruit Salad	Fruit Dressing	Rolls, French Toast, Breads	Curried Rice, Risotto	Apple Pie, Chocolate Cakes, Cookies	Coffee, Cider, Mulled Wine, Hot Chocolate
Béchamel, Raisin Sauce, Curry		Fruit Dressing	Cinnamon Bread		Chocolate, Gingerbread, Mincemeat	Fruit Punch, Mulled Wine
Curry, Cream	Potato Salad		Honey-Wheat Bread, Corn Bread	Orzo	Pastries, Cookies, Cakes	Pineapple Juice, Grapefruit Juice
Barbecue, Spiced Yogurt	Bean Salad	Spanish Dressing	Jalapeño Bread, Corn Bread	Rice		Kümmel
Mustard Sauce, Cream, Cucumber Sauce	Macaroni Salad, Potato Salad, Shrimp Salad	Dill Cream, Mayonnaise, Vinaigrette	Rye, Pumpernickel, Bread Spreads	Rice, Pasta		
Cream, Curry	Potato Salad, Shrimp Salad	Mayonnaise, Vinaigrette, Mustard	Cracker, Rolls, Bread Sticks	Risotto Rice	Apple Pie, Candy, Pound Cake	
Tomato, Garlic Butter	Green Salad	Mayonnaise, Vinaigrette, Italian	Garlic Bread, Bread Spreads, Focaccia	Linguini, Spaghetti		
Curry, Soy Sauce, Sweet & Sour			Pastries	Couscous, Rice	Gingerbread, Pudding, Apple Pie	Mulled Wine, Tea, Ginger Beer

Herb and Spice Usage for Different Categories of Food

Spice	*Appetizers*	*Soups*	*Meat*	*Seafood*	*Poultry*	*Vegetables*
Mace	Liver Paté, Cheese	Vichyssoise	Sausage	Potted Shrimp, Oyster Stew	Creamed Chicken, Cornish Hens	Rutabaga, Spinach, Asparagus, Sweet Potatoes
Marjoram	Fried Cheese, Paté, Anchovies	Consommé, Bean, Corn, Split Pea	Lamb, Hamburger, Pork, Veal	Baked Fish, Seafood Breading	Chicken Stuffing, Eggs	Zucchini, Tomato, Carrots, Peas, Lima Beans
Mint	Cucumber-Yogurt Dip	Fruit Soup, Split Pea	Lamb Stew, Venison		Marinade	Peas, Potatoes, Cucumbers
Mustard	Deviled Eggs, Meatballs, Ham Spread	Creamed Seafood	Ham Glaze, Beef, Sausage, Cold Meat	Baked Fish, Crab		Baked-Mashed Potatoes, Cabbage, Sauerkraut
Nutmeg	Fruit	Mushroom Soup	Pot Roast, Meatloaf, Ham		Fried Chicken Batter, Turkey Stuffing	Spinach, Carrots, Sweet Potatoes, Braised Cabbage
Oregano	Fried Cheese, Paté, Salsa Meatballs	Corn Soup, Vegetable Soup, Consommaé	Pork, Veal, Lamb, Hamburger	Seafood Breading, Baked Fish	Chicken Stuffing	Zucchini, Tomatoes, Carrots, Green Beans
Paprika	Deviled Eggs, Nachos, Potted Cheese	Minestrone, Seafood Soup, Chowder	Goulash, Veal, Sausage, Meatloaf	Seafood Breading, Baked Fish, Shellfish	Chicken Stuffing	Potatoes, Cabbage, Mushrooms, Cucumbers
Parsley	Canapés, Deviled Eggs	Vegetable Soup, Chicken Soup	Meatballs, Hamburger, Veal	Shellfish, Baked Fish	Chicken	Zucchini, Potatoes, Tomatoes, Green Beans
Poppy Seed	Cheese			Broiled Fish, Tuna Casserole	Turkey Stuffing	Green Beans, Onions, Tomatoes
Red Pepper	Deviled Eggs	Hot & Sour Soup	Sausage	Crab Cakes, Shrimp	Omelettes, Chicken	
Rosemary		Consommé	Lamb, Pork, Venison, Meatballs, Marinade	Baked Fish, Shrimp	Chicken, Quail, Pheasant, Goose, Cornish Hen	Eggplant, Turnips, Squash, Potatoes
Saffron		Chicken Soup, Fish Soup	Lamb	All Seafood	Chicken Stew, Scrambled Eggs	
Sage	Cheese, Country Paté	Consommé, Minestrone	Sausage, Ham, Lamb, Veal, Venison	Seafood Stuffing, Trout	Stuffing, Quail, Duck, Goose, Pheasant	Acorn, Squash
Savory	Goat Cheese	Lentil, Bean, Split Pea	Stuffing, Veal, Gravy, Hamburger, Meatloaf	Baked Fish, Sea Bass	Stuffing, Chicken, Turkey, Eggs	Onions, Peas, Green Beans, Navy Beans
Sesame	Hummus Dip		Beef, Pork, Hamburger, Lamb	Baked Fish, Shrimp, Scallops	Chicken	Vegetable Stir-Fry, Green Beans
Tarragon	Mushroom Caps	Turtle Soup, Fish Chowder	Steak, Beef Stew, Marinade	Lobster, Shrimp	Cornish Hens, Marinade, Chicken, Eggs, Omelettes	Mushrooms, Stuffed Tomatoes
Thyme		Oxtail, Consommé	Sauerbraten, Pork, Lamb, Marinade	Baked Fish, Seafood Stuffing	Stuffing, Chicken, Fried Chicken Batter	Potatoes, Tomatoes Zucchini
Turmeric	Deviled Eggs	Chicken Noodle, Lentil		Shrimp, Scallops	Chicken, Eggs	
White Pepper	Veal Paté	Consommé, Vichyssoise		Baked Fish	Chicken, Turkey	Potatoes

Herb and Spice Usage for Different Categories of Food

Sauces	*Salads*	*Dressings*	*Breads*	*Pastas & Grains*	*Desserts*	*Beverages*
Chicken Cream, Béchamel					Chocolate, Vanilla Pudding, Gingerbread	Wassail, Chocolate Drinks
Barbecue, Tomato, Butter	Cucumber-Yogurt Salad	Oil & Vinegar, French, Italian	Bread Sticks, Pizza, Herb Bread	Spaghetti, Pasta Orzo		
Sweet Sauce, Yogurt Sauce, Mint Sauce	Cucumber Salad	Fruit Dressing, Yogurt Dressing, Cranberry Dressing	Minted Yogurt Bread	Bulgar, Orzo	Candy, Chocolate	Iced Tea, Mint Julep, Hot Chocolate
Cheese, Sour Cream, Lemon-Mustard Yogurt Sauce	Coleslaw	Vinaigrette, Mayonnaise, Rémoulade				
Cream Mushroom Sauce, Béchamel		Creamy Dressings	Cinnamon Rolls	Tortellini, Ravioli	Rice Pudding, Custard Cakes, Soufflés	Egg Nog, Brandy Alexander, Punch
Barbecue, Tomato, Butter	Tomato & Onion Seafood Salad	Oil & Vinegar, French, Italian	Cheese Bread, Pizza, Bread Sticks	Pasta, Rice, Ravioli		
Barbecue, Cream, Yogurt		French, Russian	Garlic Bread, Muffins	Lasagne, Rice, Orzo		
Tartar Sauce, Béarnaise, Tomato	Tuna or Egg Salad, Macaroni Salad, Green Salad	Mayonnaise, Italian, Ranch, Vinaigrette	Garlic Bread	Pasta, Orzo		
Curry, Butter	Fruit Salad	Oil & Vinegar, Blue Cheese	Rolls, Breads, Crackers	Egg Noodles, Rice	Cakes, Cookies Pastry Filling, Apple Strudel	
Barbecue, Tomato-Anchovy		Mayonnaise, Thousand Island	Pizza, Corn Muffins	Rice, Tabbouleh		Tomato Juice, Bloody Mary
Tomato, Cheese	Cold Beef Salad	Vinaigrette	Spoon Bread, Herb Bread, Pizza	Pasta, Lentils		
Seafood Saffron, Vegetable Cream, Tomato			Rolls, Biscuits, Sweet Breads	Rice, Risotto, Orzo	Cakes, Rice Pudding, Cookies	
Tomato		Herb Dressing	Sage Bread, Rolls	Risotto, Fetuccine		
Tomato, Horseradish			Savory Rolls, Herb Bread	Lentils, Egg Noodles		
Hoisin Sauce, Peanut Sauce	Green Salad	Mayonnaise, Tahini Dressing	Buns, Rolls, Waffles, Breads	Egg Noodles, Rice, Bulgar	Cookies, Pie Pastry, Pecan Pie	
Rémoulade, Béarnaise, Tartar, Mustard Sauce	Shrimp Salad, Tomato Salad	Mayonnaise, Vinaigrette, Green Goddess	Herb Bread	Pasta, Orzo	Rhubarb Compote	
Tomato, Thyme Pesto		Vinaigrette	Bread Spreads, Herb Rolls	Pasta, Rice		Mulled Wine
Cream, Yogurt Caper Sauce, Satay	Egg Salad	Mayonnaise, Creamy Dressings	Breads	Rice, Egg Noodles		
Béchamel Cream		Mayonnaise, Vinaigrette		Rice, Egg Noodles		Vegetable Juice

From McCormick Food Service Division.

Edible Flowers

Edible flowers	*Taste*	*Description*
Bachelor's Buttons	Bland	Pink, white, blue, and purple. 1-inch flowers.
Carnations, Mini	Bland to Bitter	Wide variety of colors.
Chive Blossoms	Mild onion	Blue to lavender ball shaped. 1-inch diameter on a 3-inch stem.
Daisies	Bland	White or yellow petals with a yellow center. 1-inch diameter.
Nasturtiums	Radish and Pepper	Orange, yellow, rust, or red flowers. 1-inch diameter.
Pansies	Bland	Flat, multi-colored flowers. 1–2 inches diameter.
Roses, Mini	Rose	Orange, red, pink, yellow.
Snapdragons	Slightly bitter	Yellow, pink, red, orange, white. Peanut shaped.
Violas	Bland	Purple and yellow flowers. Dime sized.

Natural Spice Blends

Bouquet Garni

Whole Marjoram	4 Tbsp
Whole Thyme	3 Tbsp
Parsley	2 Tbsp
Ground Bay Leaf	¼ tsp

Garam Masala

Ground Coriander	7 Tbsp
Ground Cumin	10 Tbsp
Ground Cinnamon	4 tsp
Ground Cardamon	4 tsp
Ground Black Pepper	2 tsp
Ground Cloves	2 tsp
Ground Mace	2 tsp
Ground Bay Leaf	½ tsp

Quatre-Epices

Black Pepper	7 Tbsp
Ground Nutmeg	8 tsp
Ground Cloves	4 tsp
Ground Ginger	4 tsp

Fines Herbes

Parsley	3 Tbsp
Chives	3 Tbsp
Chervil	1 Tbsp
Tarragon	1 Tbsp

Herbes de Provence

Whole Thyme	4 Tbsp
Whole Marjoram	8 tsp
Basil Leaves	8 tsp
Fennel Seed	4 tsp
Rosemary	4 tsp
Sage Leaves	4 tsp

From McCormick Food Service Division.

APPENDIX C

Potentially Hazardous Foods

A potentially hazardous food is any food that can support rapid bacterial growth and cause foodborne illness. Foods excluded from the definition are those with a pH below 4.6 (acid foods) and those below a water activity (aw) of 0.85 (dried, salted, or sugared foods). Examples of potentially hazardous foods are listed below.

Beans (cooked)
Bread dressing or stuffing
Cheese (soft, unripened, and ripened hard cheeses that have been cut or opened)
Cream-filled products
Custards
Eggs and egg products
Fish and shellfish
Garlic (fresh garlic in oil products)
Gravies
Meat and meat products
Milk and milk products
Onions, reconstituted
Pasta (cooked)
Pastries (meat, cheese, and cream-filled)
Pies (meat, fish, poultry, cream, custard, pumpkin)
Potatoes (cooked)
Poultry
Rice (cooked)
Sauces (hollandaise, cream)
Seed sprouts
Squash, winter (cooked)
Soups (creamed and broth)
Tofu

APPENDIX D

Evaluating Food for Quality

CRITERIA FOR EVALUATING FOOD PRODUCTS DURING PREPARATION AND SERVICE

Taste

(a) Seasonings are balanced.

(b) Food production methods are appropriate.

(c) Appropriate quality of ingredients are used.

(d) Flavor profile of the finished product is characteristic of ingredients.

Proper cooking and holding

(a) Food Science principles are followed.

- Meats, poultry, and fish are cooked just until correct end-point temperatures are reached.
- Vegetables are bright.
- Starches are cooked just until done (*al dente*).
- Sauces are smooth and have the correct consistency.

(b) HACCP principles are followed.

Presentation

(a) Portion sizes are correct and uniform.

(b) Foods are presented or arranged in an attractive manner.

(c) Foods being served together are complimentary in color, texture, consistency, form, and methods of preparation.

Serving temperature

(a) Hot foods are served hot (warmed plates when possible).

(b) Cold foods are served cold (chilled plates/bowls when possible).

EXAMPLES OF QUALITY STANDARDS FOR SELECTED FOOD PRODUCTS

Bread

- *Banana Bread* The top should be slightly rounded, pebbly, with a shallow crack down the middle section, and with a medium brown tender crust. The bread should have an even grain, free from tunnels, a light and tender texture with a moist, beige-colored crumb and dark brown banana flecks. The flavor should be sweet and mild with a characteristic banana flavor.
- *Muffins* The crust should be crisp, shiny, pebbly, and golden brown. The top should be rounded but not peaked. The volume should be large when compared to weight. The crumb should be moist, light, and tender with a slightly coarse, even grain and no tunnels. Flavor should be slightly sweet and characteristic of the nuts, fruit, spices, and other flavorings used.
- *French Bread* The crust should be crisp, smooth, tender, and relatively thin with an even, golden brown color. The loaf should be symmetrically shaped. The grain should be fine and even with uniform thin cell walls. The crumb color should be creamy white and the texture moist, soft, elastic, and resilient with a nutlike flavor.

Desserts

- *White Cake* The crust should be thin, soft, and a uniform golden brown. A slightly rounded top should be smooth and free from cracks. The grain should have small, uniform, and evenly distributed

thin-walled cells. The crumb should be resilient, soft, and velvety. The cake should be light, tender, and moist. The flavor should be delicately sweet and well blended.

- *Cherry Pie Crust:* Texture should be crisp, flaky, tender. Both crusts should be rolled thin. The appearance of the top crust should be blistery with a soft luster. The color should be light and golden, with brown deepening slightly toward the edges. The flavor is pleasantly bland with a characteristic flavor depending on proportion of salt and kind of fat used.

  Cherry Pie Filling: Cherries should be a rich, bright, shiny, red color in a transparent, smooth, thickened sauce. Whole cherries should be obvious. Fruit filling should ooze out gently from between the crusts when served. The pie should have a sweet-tart flavor, characteristic of red sour cherries.

Entrees

- *Beef Pot Pie* The pastry top crust should be golden brown, crisp, and flaky. The vegetables should be bright and colorful and the meat a characteristic brown. Bite-size pieces of meat and vegetables should be tender but not mushy. The vegetables and meat should be evenly distributed in a smooth, medium thick, beef-flavored sauce that flows slowly when spooned onto a plate. The beef and vegetables flavors should be characteristic and seasonings balanced.
- *Chili* The color of the ground beef and beans should be a deep red-brown tomato color with the meat and beans mixed evenly throughout the mixture. The meat should be moist, not dry or crumbly, and the beans tender yet firm. The size of the meat pieces should be the same as the beans or a little smaller. The flavor should be distinct with meat, tomatoes, chili powder, and other seasonings well blended. The chili should be a thick sauce consistency that flows easily when ladled into a bowl.
- *Lasagna* The top should have tomato red color. The layers should be distinctive with alternating layers of meat mixture, pasta, and cheese. The noodles should be tender yet hold their shape. The spicy tomato-beef flavor of the meat mixture should blend well with the cheeses and pasta. Lasagna servings should hold their shape with the layers identifiable.

Soups

- *Beef Rice Soup* The transparent brown beef broth stock should possess body and may have a slight sheen due to dispersed fat globules from the meat. The browned stew meat should be tender with a distinct beef flavor. The bite-size celery, finely chopped onions, and rice should be tender yet firm enough to hold their shape. Flavor should be a blend of the characteristic flavors of the ingredients and seasonings.
- *Cream of Vegetable Soup* The thin white sauce base should be an off-white opaque color, with the characteristic color of the vegetables distributed throughout. The soup should be smooth, coating a spoon lightly. The vegetables should be finely chopped, retaining a slightly crisp but tender bite. The flavor should be mild with a blend of the characteristic flavors of the ingredients and seasonings.

Vegetables/Starches

- *Scalloped Potatoes* The potato slices should be uniform in size, about 2 inches in diameter and ⅛ inch thick. A creamy white sauce that contains tender, very finely chopped onions should cling to the tender yet firm, white, slightly opaque potatoes. The served product should form a barely rounded mass that spreads slightly. The mild potato flavor should be pleasant and blend with the delicate mild cooked flavor of the sauce. Seasonings should enhance the flavor of the potato-sauce mixture.
- *Harvard Beets* The product should possess a deep-toned red color, with the beet slices having a tender yet firm texture, round shape, and smooth surface. The sauce should be a flowing gelatinous glaze with deep, red translucence. The beets should be evenly glazed and readily discernable. Flavor should be well blended and mildly sweet with a slightly sour sensation.

Product standards help production personnel visualize what a quality product should represent in terms of color, consistency, flavor, form, and texture. Descriptors for all categories may not be applicable to every product.

APPENDIX E

Food Customs of Different Religions

Catholics

Abstain from eating meat on Ash Wednesday, Good Friday, and all Fridays during Lent.

Church of Jesus Christ of the Latter Day Saints (Mormon)

Do not drink beverages with caffeine or alcohol.

Hindus

Do not eat beef. Do not drink alcoholic beverages.

Jews

Abstain from pork or fish without scales or fins. Some Jews may eat only kosher foods. Leavened bread, products containing leavened bread, or cereal products that could ferment may not be eaten during Passover.

Muslims

Do not eat pork. Do not drink alcoholic beverages.

Protestant sects (some)

Do not drink alcoholic beverages.

Seventh-Day Adventists

Do not eat meat.